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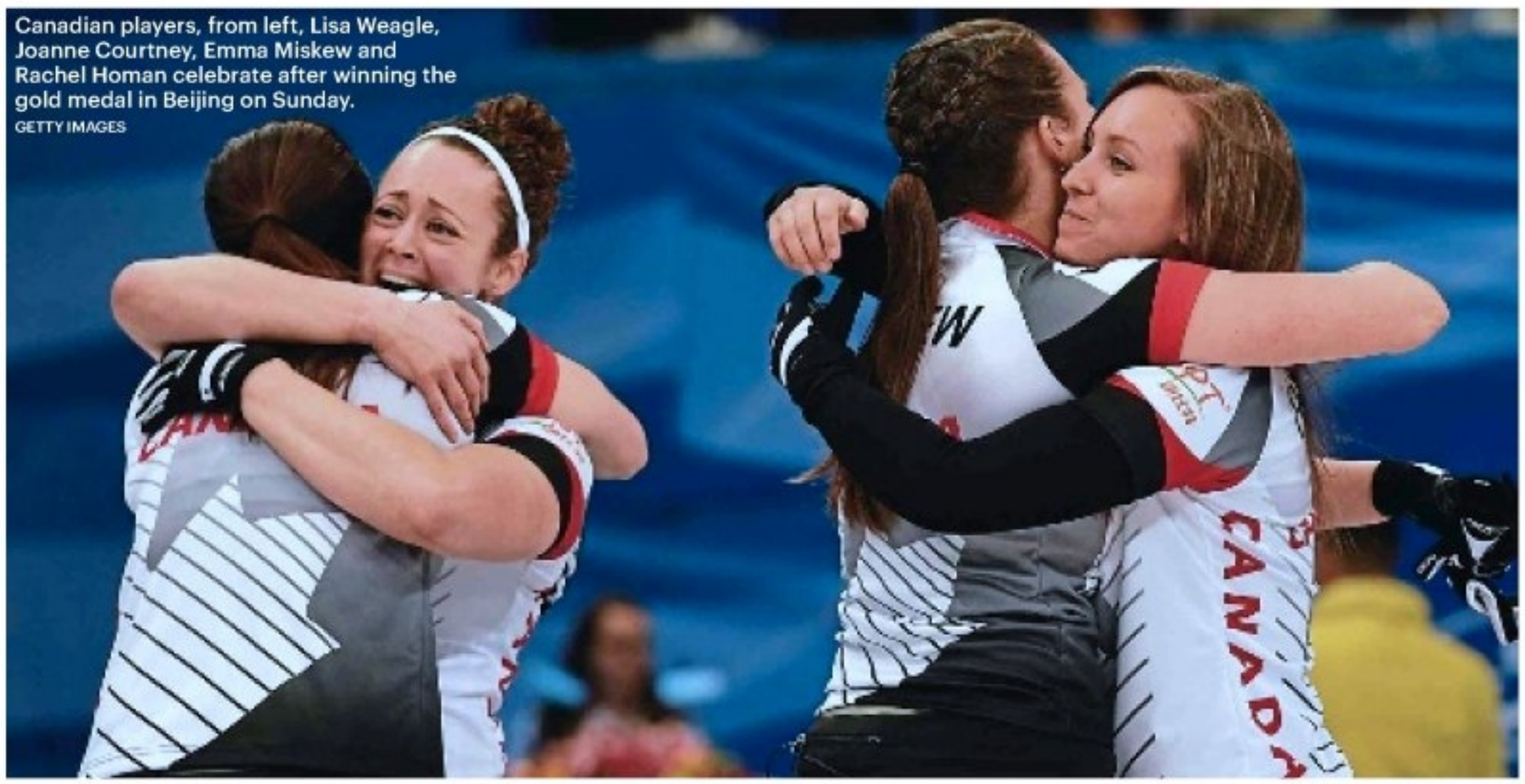
FOCUS ON FAMINE

'It is the disaster we don't want to talk about'

Canada needs to do more, says Vicky Mochama,
metroVIEWS



Canadian players, from left, Lisa Weagle, Joanne Courtney, Emma Miskew and Rachel Homan celebrate after winning the gold medal in Beijing on Sunday.
GETTY IMAGES

CLEAN SWEEP

Ottawa rink goes undefeated to win curling world championships
metroNEWS metroSPORTS

DEARTH OF DATA
Last detailed report on red-light cameras came out in 2012
metroNEWS

ALL THAT JAZZ
This year's festival is embraces eclecticism
metroNEWS

JunoFest: More than 100 bands playing 21 venues in Ottawa this weekend
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HEADLINE
COFFEE

The Royal Treatment

All hail, the Queen of Coffee

By: Sean Deasy

Coffee Fermentation In Nicaragua

From the northern reaches of Nicaragua in the mountainous region of San Juan del Rio Coco, Madriz, comes a coffee with a majestic taste and an equally royal handle. It's called Reyna del Cafe, or "Queen of Coffee" in English.

And, for roaster Eric Shabsove from Mountain View Coffee in Toronto, it has an undeniably regal presence.

"Reyna del Cafe has an exciting caramel-y, buttery smell to it," says Shabsove, who has curated the entire Headline Coffee collection. "As for taste, it has such a clean, citrus acidity with subtle butterscotch notes, and a silky smooth body. But, above all, I believe the acidity is actually perfect on this one."

As always, getting such a flavourful bean is all about location, location, location. Shabsove counts the densely tropical forests of northern Nicaragua, where the Reyna del Cafe co-op is situated, among his favorite coffee-growing regions. "The reason I like this area is quite simple: it's got a very unique microclimate up there."

It's effectively an area that's tailor-made for growing coffee. The most impactful characteristics of that microclimate are its rich volcanic soil and getting just the right amount of rain during the summer [hint: lots]. The high elevations and cool, dry weather in the autumn allow for the shade-grown beans to mature slowly, which in turn creates a complex flavour profile unlike any other in Nicaragua.

The timing of Reyna del Cafe's introduction to Headline Coffee members is no coincidence. In fact it couldn't be better: The beans, harvested between December and February, are released right about now.

The proud growers

The Reyna del Cafe co-op is comprised of 128 members – both men and women – the majority of whom are small producers, working 3.5-hectare farms at most. Through the use of Fairtrade and Organic premiums Reyna del Cafe is able to provide workshops for their members, improve their milling services, and tap into new international markets. The co-op also has a robust sense of environmental stewardship; Madriz and the surrounding departments are recognized for having high bio-diversity and protected forests.

"Most of the farmers within the co-op are small scale producers, so these are very, very small farms. In fact there's no real large producers," says Shabsove. "These are farmers who take a great deal of pride in growing their crops, and a lot of care goes into what they're doing every single day."

Shabsove says the co-op's connection with Fairtrade has enabled the farmers to vastly improve their operations. "That means developing sustainable practices, and discovering how to grow coffee better, working within their environment, helping them finance projects," he says. "Fairtrade is extremely important to co-ops in countries like Nicaragua, and even more so, as they are predominantly small farmers. Any form of assistance is greatly appreciated by them."

Nicaragua: Sky's the limit

Nicaragua is now considered an emerging coffee-producing nation. It's already earned and attained a level of respect as a country that's becoming increasingly better at growing coffees. Not long ago the up-and-coming countries were the likes of Costa Rica and Honduras. "Now Nicaragua is really dedicating a lot of their time and effort to growing great coffee."

If there was a time when sampling Nicaraguan coffee didn't exactly elicit great excitement among the expert tasters, Shabsove says that's now a distant [and fading] memory. The emergence of quality beans like those from the little Reyna Del Cafe co-op is a perfectly tasteful example. "Nicaraguan was never quite as good as the Costa Ricans, the Guatemalans. But now it's a totally different story.

"What makes me excited about Nicaraguan is that year after year it gets better and better, and every time I drink more and more," says Shabsove. "So each year I'm excited to try the new crop to see how much better it gets."

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metro NEWS

Your essential daily news

Two teens were barred from a flight for wearing leggings, angering online commenters. **World**

ENVIRONMENT

Repair café extends life of old tools, gadgets

Haley Ritchie
Metro | Ottawa

Reuse, recycle and repair before you replace — that's the mission of the "repair café" coming to the Ottawa Tool Library in April.

"We want to extend the life of stuff, reducing waste but also bringing people together to share their skills and knowledge," said volunteer Emily Brown, who is organizing the fix-it social next month.

The tool library, located in Makerspace North inside the City Centre plaza, launched in 2014. Members pay a monthly fee and are able to borrow a variety of tools and kitchen gadgets for short-term use, from table saws to pasta making machines.

"We promote the sharing of tools and increasing access to tools," said Brown. "The repair café is extending that mission, helping people to learn skills and take advantage of fixing and making things yourself."

Members often borrow tools and take them home to fix things inside their homes. On April 8 they can do the opposite: the library will welcome members and the public to bring in items that need repair, from clothing that needs patching to computers and old furniture.

People knowledgeable about how to fix up different things will be on hand, volunteering their services and walking the owners through the steps. The library is accepting pay-what-you-can donations for the repairs.

The Ottawa non-profit isn't the first group to hold a Repair Café. The first took place in Amsterdam in 2009, and has spread across cities to encourage people to extend the lifespan of their things and avoid landfills.

In Ottawa the cafe will take place 11 a.m. to 4 p.m. on April 8, alongside a "make-a-thon" where paying members will be working on their projects for the public to see.

Brown said the group is also looking for volunteers, whether they have repair skills or not.

Emily Brown is a volunteer at the Ottawa Tool Library, a non-profit that allows members to rent out tools. The library is holding a 'repair cafe' in April. HALEY RITCHIE/METRO

City has data gap on red-light cameras

ROAD SAFETY

Most recent collision statistics were released in 2012

Ryan Tumilty
Metro | Ottawa

Though 20 new red-light cameras will be added to Ottawa's streets this year, it's been five years since the city took a detailed look at the effectiveness of the cameras already in place.

Currently, the city has 34 red-light cameras, which altogether issued a combined 17,870 tickets last year. But the city doesn't keep track of how many tickets are traceable to each camera.

In 2012, the city released collision data showing a 29 per cent drop over 10 years in right-angle collisions. Over the same period, the number of collisions overall dropped 12 per cent, but rear-end collisions jumped by 20 per cent.

Krista Tanaka, program manger of road safety and traffic investigations, said the city plans to release updated numbers later this year but that it's too labour-intensive to compile and release data every year.

"It's not just a matter of pulling the collision information out of the system," she said. "We have to look at every collision report to determine if red-light running was a factor. Someone has to manually look through every report. That's why we don't update this on an annual basis."

The city says it collects data over periods of three to 10 years to gather information about the long-term trends of incidents on the road. New data will be released this year. TORSTAR NEWS SERVICE

17,870

Number of tickets issued by the 34 red light cameras that are already installed.

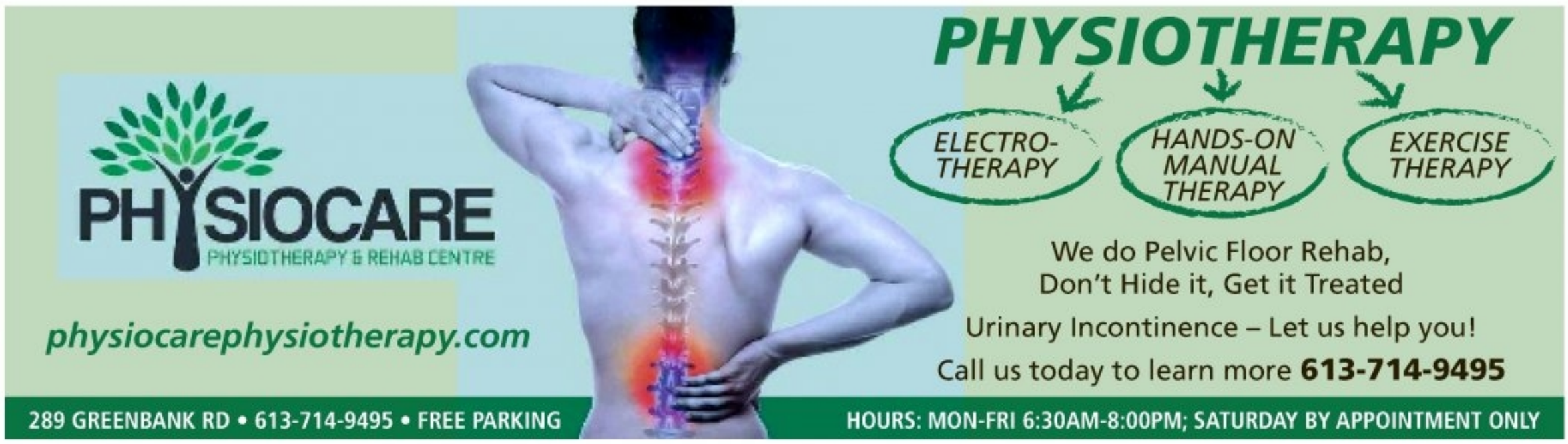
Tanaka said red-light cameras are known to increase the incidence of rear-end collisions but that those crashes are less likely to be serious than right-angle collisions, which red-light cameras help prevent.

Tanaka said the city doesn't track tickets on an intersection-by-intersection basis because collisions are deemed to be much more important.

"We don't use (tickets) as our measure of effectiveness for the cameras," he said.

She added they also don't collect collision data more often because they want a fuller picture of what is taking place.

"That is why we look at longer periods like three to 10-year ranges so we can smooth out the little blips from year to year."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Unions aghast Phoenix ignored in federal budget

PAYROLL

Public service called for $75M to fix system, but zip set aside

Ryan Tumilty
Metro | Ottawa

Public service unions are disappointed that the federal government didn't earmark any money to fix the troubled Phoenix pay system in last week's budget.

Debi Daviau, president of the Professional Institute of the Public Service, said the wanted to see something in the budget that would show the government is committed to fixing the problem.

"We did expect to see some financial resources allocated to the ongoing fixing of the system and we expected those funds to be used for additional resources," he said.

"It's really disappointing to see no word whatsoever on how they intend to resource the ongoing fix to this problem."

Daviau said the government should have committed funding specifically to deal with the problem. Her organization and other unions called for the government to put $75 million aside to deal with the problems.

"Our members, especially those who have been affected for a long time, feel really devalued and ignored by the way they have handled this in the budget," she said.

At a press conference earlier this month, Public Services and Procurement announced that it had finally reached the point where the number of problems that were being resolved was not being overrun by new cases coming in.

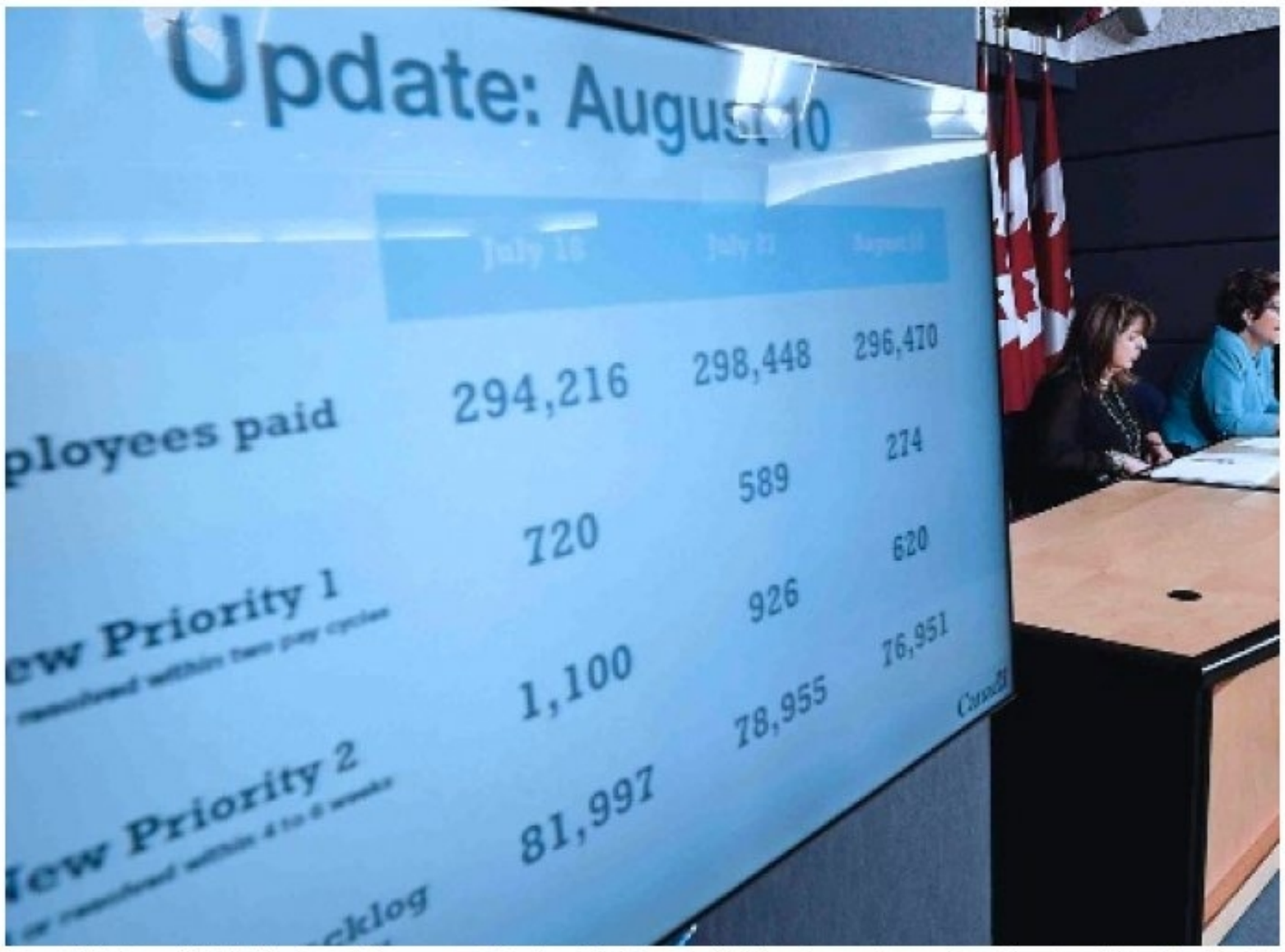
The department said it expected waiting times for dealing with new problems to begin to drop soon as the system gets up to speed.

Daviau said the union is hearing from members getting the system working properly will require investments in infrastructure technology and in more payroll advisers, and she wants to see the money for that.

"We believe firmly that additional resources in both these areas and training is going to be key to the solution," she said.

She said despite the last update's upbeat tone, there are still major problems with Phoenix and she'd have liked the government to acknowledge that.

"I think they're downplaying just how bad it really is."



Deputy Minister of Public Works and Government Services Marie Lemay (right) and associate assistant deputy minister Rosanna Di Paola address a press conference on the Phoenix problems last summer. THE CANADIAN PRESS

> "Our members, especially those who have been affected for a long time, feel really devalued and ignored. Debi Daviau

INNOVATION

Tech group happy with investment

The 2017 federal budget's fresh approach to procurement has received a nod of approval from the Ottawa-based Canadian Advanced Technology Alliance.

Changes to government procurement were among the highlights of Wednesday's budget for local businesses, alongside cash for technology firms across the country.

CATA has been lobbying for a budget like this for many years as part of its "competitive innovation nation" campaign.

John Reid, CEO of CATA, says that while the announced programs and funding are a positive start, what's really exciting him is the attitude he's seeing from the government.

"We gave it two thumbs up, and that's not because there isn't more to be done and things to be changed, it's that it represented a pivot or change in mindset," he says.

"It's something we can build on instead of something to attack."

The focus on innovation that Mr. Reid sees in this budget makes him believe that the government is ready to adopt "21st-century procurement practices."

The budget allocates up to $50 million for a new procurement program called Innovative Solutions Canada. According to the document, federal departments and agencies will allocate portions of funding towards early-stage research and prototypes.

The goal is to provide small businesses with a strong initial customer in the form of the federal government.

The federal government is the largest buyer of goods and services in Ottawa-Gatineau and spent some $2.89 billion with local firms in 2015-16, according to the Ottawa Business Journal's Book of Lists

While the procurement program is a strong start, as is the overall innovation messaging of the budget, Mr. Reid still sees work to be done.

He's already assembled a team to follow up on the development of the procurement program.

OTTAWA BUSINESS JOURNAL

> It's something we can build on instead of something to attack. John Reid

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ECONOMY

Local inflation rate ticks slightly upward

The annual pace of inflation in Canada ticked lower in February as higher prices for gasoline were offset in part by declining costs for fresh fruit and vegetables.

Statistics Canada said Friday the consumer price index rose 2.0 per cent on a year-over-year basis in February.

The move compared with a 2.1 per cent increase in January. Economists had expected it to rise 2.1 per cent in February as well.

0.1%

Ottawa's inflation rose to 2% from 1.9% in January.
TORSTAR MEDIA

In Ottawa, the inflation rate was two per cent, up from 1.9 per cent in January.

OTTAWA BUSINESS JOURNAL

Rachel Homan, Emma Miskew, Joanne Courtney, Lisa Weagle, Cheryl Kreviazuk and team members pose. ANDY WONG/AP

Unbeatable Ottawans

SPORTS

Team Homan takes home championship hardware

Haley Ritchie
Metro | Ottawa

Ottawa curlers were celebrating Sunday after four of their own took gold in the 2017 world championships.

The championship final took place across the world,in Beijing, a full 12-hour time difference for fans back in Ottawa who wanted to cheer on skip Rachel Homan and her rink, which is based out of the Ottawa Curling Club.

Andrew Denny, a staff member at the club, said the win had the members "buzzing" on Sunday morning and many patrons who were asleep at 3 a.m. during the big win were watching the game again.

"The membership is very pleased, everybody is happy," he said.

Denny said the world championships are seen as the big event leading up to the Olympics, so they're well watched by curling fans. With Team Homan heading back to Canada on Monday, Denny said he expects the club will organize some kind of event to welcome them back.

The team's early morning match took place against Russia, and ended with a 8-3 win. The team was undefeated in the tournament and took the first women's world championship win in nine years.

Homan's team also cleaned up earlier this year at the Scotties Tournament of Hearts, and took the national prize in 2013 and 2014.

With a women's world championship gold under their belts, the members of Team Homan will be vying to represent Canada in the 2018 Olympics in South Korea.

Rachel Homan, vice-skip Emma Miskew, second Joanne Courtney and lead Lisa Weagle are familiar at the Ottawa Curling Club on O'Connor Street, which has a sign out front proclaiming "Home of Team Homan."

Sunday's four winners aren't the first champions to call the Ottawa rink home.

"It's good for the community and it's good for the girls, because they work hard constantly," said Denny. "They're a great rallying point, a good focal point for the community, and definitely inspiring to a lot of the newer and younger curlers and people who are just starting to adopt the game."

> **It's good for the community and it's good for the girls.**
> Andrew Denny

EDUCATION

Carleton getting new president in July

After leading Carleton University for nine years, Roseann Runte is stepping down.

The school announced late Friday afternoon that its board of governors accepted Runte's resignation "with regret."

"Roseann Runte has provided exceptional and stable leadership to the Carleton University community," said board of governors chairperson Chris Carruthers in a statement. "Because of her leadership, Carleton is stronger than ever and ready to achieve even greater heights in the future."

The statement said Runte was leaving to pursue an unspecified "new leadership opportunity."

Runte became the first female president in Carleton's history when she was appointed in 2008 after holding the top post at the Old Dominion University in Norfolk, Va.. She was subsequently reappointed to a second five-year term at Carleton that will be cut short by her resignation, which takes effect July 31.

> **Roseann Runte has provided exception and stable leadership.**
> Chris Carruthers

Several major construction projects were completed under Runte's watch, including the River and Canal academic buildings and a new student residence.

As Carleton president, Runte's influence extended into the business community through a seat on the board of Invest Ottawa alongside the leaders of the city's other major post-secondary institutions.

OTTAWA BUSINESS JOURNAL

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Jazz Fest '17 embraces eclecticism

LIVE MUSIC

Kenny Rogers and Feist will attend as event branches out

Trevor Greenway
Metro | Ottawa

The Ottawa Jazz Festival seems to have rediscovered its character.

And despite facing several challenges — a floundering Canadian dollar, the pervasive emergence of today's playlist culture, critics who scowl at a mainstream pop artist helming a jazz festival — organizers have still managed to concoct a delectable bowl of sonic stew.

And they're stirring the pot with the likes of Feist, Charles Bradley, Maceo Parker, Serena Ryder and one final taste of country music star Kenny Rogers.

"I feel like we have gone back to a strong character," said Jazz Fest programming director Petr Cancura. "I feel like, amongst not just us, but all festivals in the last 10 years have had to really find new ways, as subsidies have changed, or as different revenues streams have changed.

"Everybody is sort of trying out different things. I feel like we have a loyal audience, and that audience really appreciates just quality good music. That's what our characters is and that's what we are about."

Kenny Rogers may not seem like an immediate fit for a jazz festival but if you research the foundation of his music you will see why he was chosen to perform. GETTY IMAGES

Cancura said it used to bother him when festival naysayers and critics would argue whether a headliner was worthy of a certain slot based on their so-called genre, but now he sees how obvious the connection is between an artist like St. Paul and the Broken Bones and, say, John Scofield. While he agrees that Kenny Rogers may not be considered a jazz artist, he says anyone arguing that his music has no foundational jazz roots hasn't heard much of his work.

"I've been asked before, 'Why is Kenny Rogers at a jazz festival?' But I honestly don't think it's a far stretch.

"Someone like Feist — she's a fantastic songwriter, and her roots are actually rootsy. She's not far off from somebody like Norah Jones, who is as jazz vocal as it gets."

> **"I've been asked before, 'Why is Kenny Rogers at a jazz festival?' But I honestly don't think it's a far stretch.**
> Petr Cancura

But the fest has an incredibly deep jazz roster, which you'll quickly see once you look under the hood: John Scofield, John Medeski, Minnesota trio The Bad Plus, and London's volcanic trio Phronesis, just to name a few.

The fest is quite soulful, too, with greats like Maceo Parker, who will bring everything he has learned blowing the sax for the late James Brown and Prince. On top of Charles Bradley and his Extraordinaries — who some say can bring a man to tears with just a few notes — will perform and electro afrobeat whiz kid Pierre Kwenders.

See these shows, and you'll understand the connection they all have to jazz. "All of those bands, especially the soul and r&b bands, they are packed with jazzers," Cancura said. "All of those guys on stage are jazz-trained musicians."

Jazz Fest runs June 22 through July 2 at Confederation Park and other venues across the city.

CULTURE

JunoFest's imminent arrival music to the ears of Ottawans

Music fans in Ottawa will feel more like kids at Disneyland this weekend when JunoFest takes over the city.

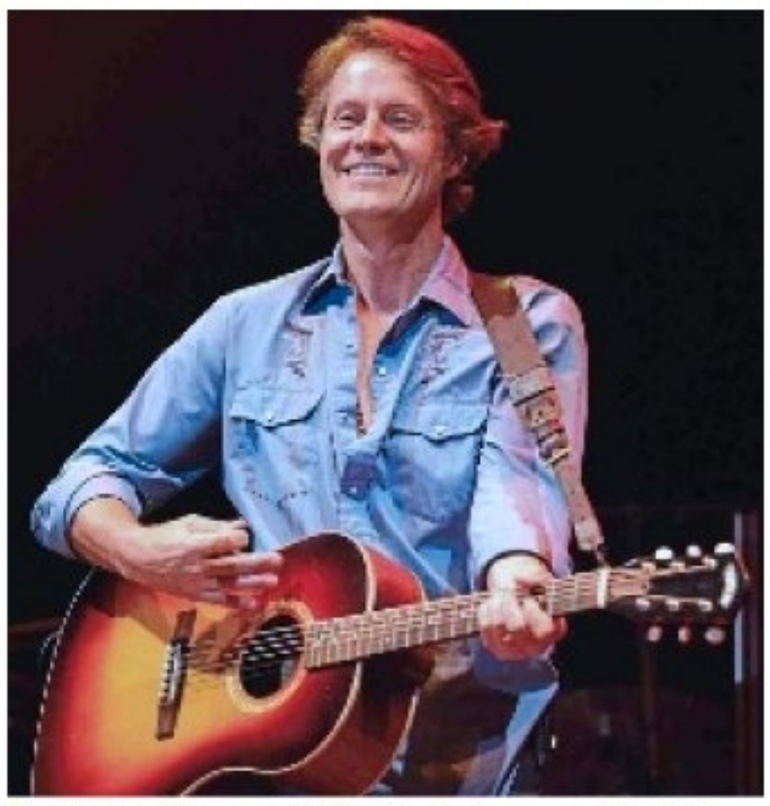
More than 100 bands, close to a third of them juno nominees, will play 21 different venues throughout the city from Thursday to Sunday this week — and with names like Jim Cuddy, Operators, New Swears, NQ Arbuckle and The Balconies providing the soundtrack, the biggest challenge will be prioritizing.

It all starts Thursday night when Dan Boeckner of Wolf Parade fame brings his sexy new electro-indie post punk trio Operators to Zaphod's for a sonic trip into the jittery abyss.

The fest continues Thursday and Friday with both local and regional bands warming up stages for bigger Canadian acts.

Ottawa's DJ Magnificent, Harea Band and the Split host an all-local showcase at Babylon Friday night, while Vancouver's Five Alarm Funk groove at Irene's Pub.

Saturday afternoon boasts a Classic Nominees' Showcase at Dominion-Chalmers United Church before the Stumbellas pump things up at The Bronson Centre Theatre.



Jim Cuddy will be one of 100 acts playing across the city from Thursday to Sunday at 21 different venues this weekend.
THE CANADIAN PRESS

Saturday night gets seriously loud with the likes of Ottawa blues kings MonkeyJunk at the Rainbow Bistro, Iconoclast at the Brass Monkey and Indigenous Music Album of the Year nominees Sill + Rise jamming out on their unique blend of throat singing and electronics at Mercury Lounge.

So much music, so little time. TREVOR GREENWAY/METRO

Changing perceptions, one design at a time

TORONTO

Student meshes modern design with Islamic culture

Gilbert Ngabo
Metro | Toronto

Shahad Mahdi, the owner of Black Orchid, a clothing and accessories line depicting the modern Muslim woman. EDUARDO LIMA/METRO

Long before megabrands like Nike and Uniqlo launched hijab and abaya lines, Shahad Mahdi knew it was cool to rock Muslim apparel.

But the fourth-year business management student at Ryerson University was always troubled by negative representation of Muslim people, especially with ever-growing Islamophobic views from some politicians and extremist groups.

"When you watch the news that has to do with Muslims and the Middle East, all you see is yelling and violence, and I don't think that's who we really are," she said, noting some people just associate any Muslim with terrorism.

She's out to change that perception, one fashion design at a time.

Black Orchid, a pop culture brand she launched a year ago with the help of Ryerson Fashion Zone, makes and sells clothing and accessories combining modern design and Islamic culture.

Through an online portal, people can purchase different tops as well as pouches, chains and phone cases, all featuring stylish and colourful illustrations of modern Muslim women. She named her brand after a black orchid flower found in the Middle East.

With her images of progressive Muslim women, Mahdi hopes to create a new narrative showing them as strong, creative and capable of being "fashionable and cool." She's received positive feedback, and is thinking of adding more products and expanding.

"All I wanted to do was focus on the positive and show our true colours, show that we can do cute stuff too," she said.

CALGARY

The queen of speed

Autumn Fox
For Metro | Calgary

Kelly Fedorowich wants to be the fastest woman in Canada. AUTUMN FOX/FOR METRO

Calgary's Kelly Fedorowich has a need for speed.

By the end of this year, Fedorowich hopes not only to be the first licensed female competitive top fuel drag racer, but she's also going to become the fastest woman in Canada.

And fast is an understatement.

Fedorowich will be driving a souped up dragster that's fuelled by nitromethane – or 'rocket fuel,' as Fedorowich calls it.

The dragsters can hit top speeds of 530 km/h or more in fewer than four seconds – and just sitting in the vehicle as it clocks that top speed will make her the fastest woman in Canada.

It'll be a slow burn to get there. The fuel is expensive, so they'll be teasing out higher speeds throughout the season.

The dragster, is revved and ready to go though. Fedorowich got into racing through her husband, David, who had been driving in the fast lane since 18.

"Dave came into the relationship with the race car, but my relationship with that car was love at first sight," she laughed.

The family relocated to Calgary in 1994, putting their careers on hold to raise their son.

The itch to get back on the track grew and in 2011, Fedorowich, David and their now-grown son decided it was time to go all-in on a new venture together – Dark Side Racing. As of 2017, Dark Side is the only top fuel racing team in Western Canada, and one of only two teams left in the country.

Fedorowich began her top fuel training in 2016 and took a Zen-like approach to learning to pilot the vehicle, which can hit a G-force rate of seven while running a quarter mile.

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CINCINNATI

1 dead, 15 injured in nightclub gunfight

A gunfight broke out inside a crowded Cincinnati nightclub early Sunday, leaving one man dead and 15 others wounded after a dispute among several patrons escalated into a shootout, authorities said.

No suspects were in custody by late afternoon in the shooting at the Cameo club, which has a history of gun violence, and police said there was no indication of any terrorism link.

Cincinnati Police Chief Eliot Isaac said one of the wounded was in "extremely critical condition," while a hospital spokeswoman said two victims were listed in critical condition.

Police began receiving calls at 1:30 a.m. about gunshots at the club near the Ohio River east of downtown Cincinnati. Isaac said some 200 people were inside the club, one of the few hip-hop venues in the city, for music and dancing.

Isaac identified the dead man as 27-year-old O'Bryan Spikes, but provided no other details. He said 15 others were injured, with some already treated and released from hospitals. THE ASSOCIATED PRESS

CALIFORNIA

Arrests made after scuffle at Trump rally

A scuffle broke out on a Southern California beach where supporters of President Donald Trump were marching when counter-protesters doused organizers with pepper spray, authorities said Saturday.

The violence erupted when the march of about 2,000 people at Bolsa Chica State Beach reached a group of about 30 counter-protesters, some of whom began spraying the irritant, said Capt. Kevin Pearsall of the California State Parks Police. Three people were arrested on suspicion of illegal use of pepper spray and a fourth person was arrested on suspicion of assault and battery, he said.

Two people suffered minor injuries that didn't require medical attention, Pearsall said.

An anti-Trump protester who allegedly used the eye irritant was kicked and punched in the sand by a group of Trump supporters, according to a report in the LA Times.

Counter-protesters said before the march began that they planned to try to stop the march's progress with a "human wall."

Supporters of Trump scuffle with counter-protesters during a rally on, March 25, in Huntington Beach, Calif. THE ASSOCIATED PRESS

Earlier this month, a rally in Berkeley, California, in support of Trump turned violent, and his supporters clashed with counter-protesters in several fights that led to the arrest of 10 people and left at least seven people injured. THE ASSOCIATED PRESS

Police officers are seen with floral tributes to the victims of the March 22 terror attack in front of the Elizabeth Tower, more commonly referred to as 'Big Ben' in central London on Sunday. GETTY IMAGES

Attacker's encrypted message can't be read

LONDON TERROR

Controversy swirls over WhatsApp service

Westminster Bridge attacker Khalid Masood sent a WhatsApp message that cannot be accessed because it was encrypted by the popular messaging service, a top British security official said Sunday.

British press reports suggest Masood used the messaging service owned by Facebook just minutes before the Wednesday rampage that left three pedestrians and one police officer dead and dozens more wounded.

As controversy swirled over the encrypted messages, police made another arrest in Birmingham, England, where Masood had lived. The 30-year-old is one of two men now in custody over possible links to the attack. Neither has been charged or publicly named.

Masood was shot dead on the grounds of Parliament.

Home Secretary Amber Rudd used appearances on BBC and Sky News to urge WhatsApp and other encrypted services to make their platforms accessible to intelligence services and police trying to carrying out lawful eavesdropping.

Rudd did not provide any details about Masood's use of WhatsApp, saying only "this terrorist sent a WhatsApp message and it can't be accessed."

But her call for a "back door" system to allow authorities to retrieve information is likely to meet resistance from the tech industry, which has faced previous law enforcement demands for access to data after major attacks.

In the United States, Apple fought the FBI's request for the passcodes needed to unlock an iPhone that had been used by one of the perpetrators in the 2015 extremist attack in San Bernardino, California.

The FBI initially claimed it could obtain the data only with Apple's help, but ultimately found another way to hack into the locked phone.

Masood drove a rented SUV into pedestrians on Westminster Bridge before smashing it into Parliament's gates and rushing onto the grounds, where he fatally stabbed a policeman and was shot by other officers. A detailed police reconstruction has found the entire attack lasted 82 seconds.

Police are trying to pinpoint his motive and identify any possible accomplices, making the WhatsApp message a potential clue to his state of mind and his social media contacts.

Rudd said attacks would be easier to prevent if authorities could penetrate encrypted services after obtaining warrants. THE ASSOCIATED PRESS

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MARKETING

EAST AFRICA

Aid workers killed in South Sudan

Six aid workers were ambushed and killed in South Sudan, the deadliest attack on humanitarian workers since the East African nation's civil war began in 2013.

The attack took place Saturday on the road from Juba, the capital, to Pibor, where there have been recent reports of fighting, said Eugene Owusu, the top UN humanitarian official in South Sudan in a statement issued Sunday.

"At a time when humanitarian needs have reached unprecedented levels, it is entirely unacceptable that those who are trying to help are being attacked and killed," said Owusu.

The ambush is the latest of several attacks on aid workers in South Sudan, which is one of the largest humanitarian crises in the world. At least 12 aid workers have been killed so far this year and 79 have been killed since civil war began in South Sudan in 2013, said the statement.

Famine has been declared in two counties in South Sudan where 1 million people are on the brink of starvation and there is also a cholera outbreak in parts of the country. But aid organizations responding to both famine and the cholera outbreak have been attacked by armed forces, according to the UN. The ambush came the day that South Sudan's government declared a unilateral cease-fire and granted amnesty to armed groups who renounce violence.

South Sudan's government agreed to issue the ceasefire in response to pressure from East African countries during a regional summit in Nairobi.

The ceasefire and amnesty was immediately rejected by Mabior Garang, a spokesman for the opposition SPLM-IO party, who called it "silly" and a "non-starter." THE ASSOCIATED PRESS

TRAVEL

Backlash against airline

Two teenage girls were barred from boarding a United Airlines flight Sunday because they were wearing leggings.
The girls, whose ages were not specified, were not allowed onto the flight because they were travelling under an employee travel pass that includes a dress code, United spokesman Jonathan Guerin said.
The airline's actions sparked a quick backlash on Twitter.
THE ASSOCIATED PRESS

Carefully plan your retirement: Expert

FINANCES

Planner says to consult family about future care options

Experts warn clients planning for their futures to not leverage home equity for retirement purposes, saying it harm your finances long term. ISTOCK

There's the retirement that looks like the commercials: biking, travel, enjoying the family.

And then there's the one where you can't get up the stairs anymore.

Most of us happily plan for the first, when our health is good and energy high. The second can be hard to contemplate, when health falters and medical crises can change lives.

Certified financial planner Dana Anspach of Scottsdale, Arizona, doesn't want clients to prematurely give up their homes or make other moves that may not suit them. One couple she advised moved into a continuing care community in their 80s and moved back out again a year later because they couldn't entertain or decorate the way they wanted. Anspach also has heard horror stories of elders who stayed too long in unsafe conditions until they had health crises.

The key, planners say, is to start thinking and talking about how you want to cope when your health begins to fail.

Anspach advises clients who don't have long-term care insurance or family members willing to provide care to save their home equity for expenses, rather than using it to boost their retirement income.

If parents expect children to help, Anspach says, they need to make sure the kids are on board and that those kids' lives are stable enough to provide care if the parents move closer.

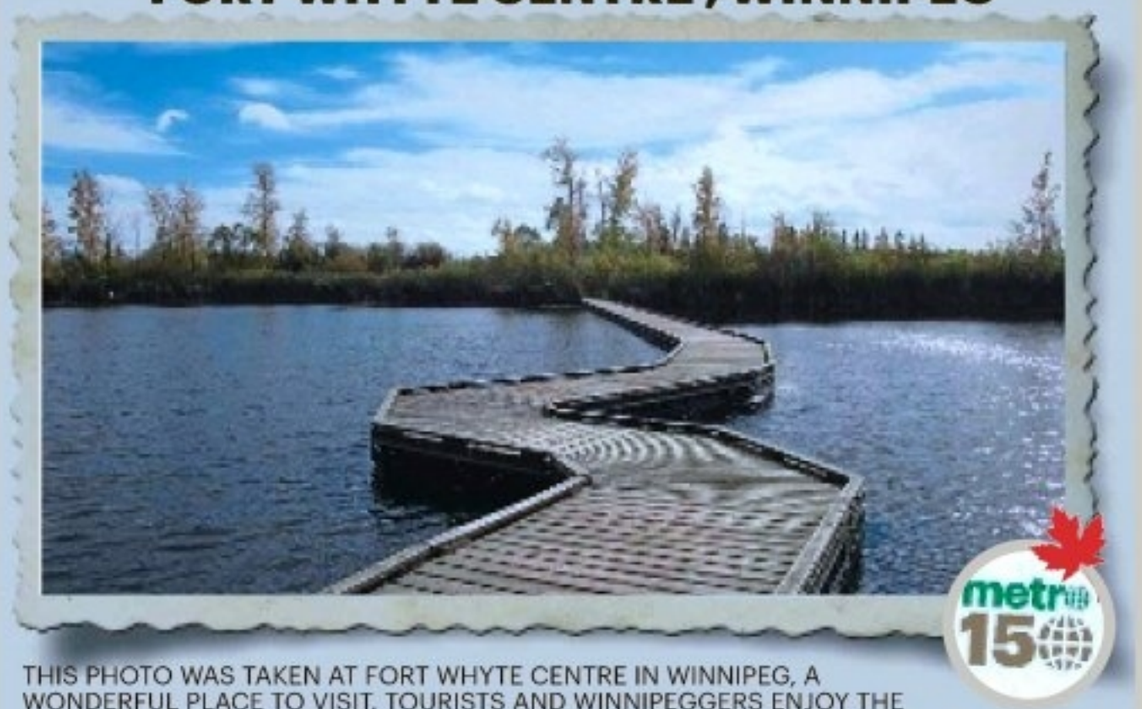
"You don't want to move across the country and have them get transferred somewhere else," Anspach says.

THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 55

FORT WHYTE CENTRE , WINNIPEG



THIS PHOTO WAS TAKEN AT FORT WHYTE CENTRE IN WINNIPEG, A WONDERFUL PLACE TO VISIT. TOURISTS AND WINNIPEGGERS ENJOY THE SERENITY OF THE WOODS, THE WOODLAND CREATURES, THE STILL WATERS AND ITS INHABITANTS, THE BIRDS, THE FLOWERS ... SO MUCH TO SEE, YOU'LL WANT TO GO BACK AGAIN AND AGAIN. **ANNETTE BONOMO**

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

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metro VIEWS

FOCUS ON FAMINE

DAY 1: CANADA'S ROLE

VICKY MOCHAMA

CANADA MUST LEAD THE FIGHT

Twenty million people are on the brink of starvation. The UN is asking for $4.4 billion by July to avert a global catastrophe. While Canada's donated millions, it's not nearly enough.

It is the disaster we don't want to talk about.

Twenty million people are on the brink of starvation. The United Nations and its various agencies — the World Food Programme and the United Nations Secretariat, to name two — have sounded the alarm. This is the largest humanitarian crisis since the creation of the United Nations in 1945.

In an interview with Metro in January, Joanne Liu, president of the global aid organization Médecins Sans Frontières (Doctors Without Borders), told a story about visiting famine-ravaged northern Nigeria. Liu sensed something off in one community and then realized, sickeningly, that there were hardly any children under five still living.

By inaction and indifference, we are losing whole generations. The people who survive this moment will have little reason to believe in "Never again," a promise made often by the international community after the Rwandan genocide in 1994.

To staunch mass catastrophe in South Sudan, Somalia, Nigeria and Yemen, the international community needs to come up with $4.4 billion by July. They've pledged only a small fraction.

Canada has pledged nearly $120 million, less than three per cent of the total request. Had Canada followed through on its vow from the Millennium Development Goals to adopt an aid target of 0.7 percent of its gross national income, we would be giving more than $10 billion globally. More than enough to solve this crisis, and then some.

In 2015, Trudeau told delegates at a climate summit in Paris that "Canada is back." In 2017, why not lead Canada and the world in feeding a starving and desperate population?

The UN's request could be filled within minutes by the wealthiest governments in the world, including Canada. At the highest levels of power, the political will simply isn't there to make the moral choice. The UN's emergency relief co-ordinator Stephen O'Brien says, "Allowing famine to unfold is a choice; we must make the choice to stop it."

When the decision is made to step up, it will be too late for too many. In 2011, by the time a famine had officially been declared in Somalia, tens of thousands had already died. For many families and communities today, the disaster has already struck.

Governments are slowly stepping up, but rather than waiting, citizens are already doing their part.

A group of five American friends set up a GoFundMe page called the Love Army for Somalia and asked Turkish Airlines to be their flight partner. In less than a week, more than 80,000 people donated $2.2 million. The campaign is funnelling the money to NGOs in Somalia to buy local food, rather than crash the market with foreign goods. As for the plane, they are using it to fly in specialized food for undernourished babies.

Theirs may be a dramatic example, but it is not the only effort. Somalis, Yemenis, Nigerians and Sudanese people in Canada have been doing their best to support family, friends and communities, but they can't do it alone.

Canadians often claim a particular kindness and generosity, yet all too often that spirit seems to disappear when the needy are black and African. It is made complicated when they are Arab. But there are black, African and Arab Canadians too. Their communities are ours too.

It is their cultures that enrich this country; their children who will help lead it. We must support their efforts.

Twenty million people need to eat. How will we serve them?

NIGERIA A malnourished child receives heath care at a feeding centre run by Doctors Without Borders in Maiduguri. SUNDAY ALAMBA/THE ASSOCIATED PRESS

SOMALIA Sacdiyo Mohamed, nine months old, is treated at a hospital after her mother Halima Hassan Mohamed fled the drought in southern Somalia for Mogadishu. MOHAMED SHEIKH NOR/THE ASSOCIATED PRESS

YEMEN A boy receives treatment at a feeding centre in the capital Sanaa. The conflict in Yemen has worsened food insecurity in the country, which was already considered one of the poorest in the world. GETTY IMAGES

SOUTH SUDAN Ayei Wier saw the signs of famine back in 2015 when she watched her baby Malou suffer from hunger. WORLD VISION CANADA/CNW GROUP

BY THE NUMBERS

20 million

People facing famine in South Sudan, Somalia, Nigeria and Yemen. That's more than half the population of Canada.

1.4 million

Number of children facing death from severe malnutrition

$4.4 billion

Amount needed by July to prevent tragedy

$119 million

Amount pledged by Canada for the crisis. Canada donated $100 million for humanitarian assistance in the four countries last year

SOURCE: UNITED NATIONS WORLD FOOD PROGRAM

HOW YOU CAN HELP

- **Doctors Without Borders:** The charity has projects in the countries affected by famine, providing medical and humanitarian assistance. You can donate via msf.ca
- **Save The Children:** The charity operates children support programs in the four countries affected. You can donate to them through savethechildren.ca
- **CARE Canada:** The organization runs poverty-reduction efforts in Somalia, Yemen and South Sudan. You can donate through their website care.ca
- **OXFAM Canada:** The charity provides emergency and long-term assistance to people in countries affected by the ongoing famine. You can donate at oxfam.ca

GILBERT NGABO/METRO

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metro LIFE

Your essential daily news

High-intensity interval training slows down the aging process, new study says

Copeland shares dancers' wisdom

BOOKS

Ballerina writes about discipline, body acceptance

Misty Copeland is not only one of the most famous ballerinas in the world — and the first black female principal dancer at American Ballet Theatre — but she has crossed over into mainstream pop culture fame like no other.

Her bestselling book, Life in Motion, was a memoir, but in her new book she seeks to impart some of the wisdom that helped her along the way. She includes detailed exercises — classic ballet moves, starting on the floor — and also meal plans and favourite recipes.

On a recent morning, Copeland sat down for an interview. Her remarks were edited for length and clarity.

WHY THE NEW BOOK?

"Every woman struggles with their body at some point, especially as a dancer. (Also) I've been approached about what I eat, what other forms of exercise I do outside of class. How do I mentally and emotionally stay strong in a field like this? So I felt like I needed to write about this ... also just debunking these awful stereotypes attributed to ballerinas, having eating disorders and not really being athletes. We work just as hard as athletes, if not harder, because we are also actresses and actors onstage. We're not competing to win, but we're competing to be ourselves, our best selves. Everyone can benefit from that kind of structure in their lives."

ON BODY IMAGE

"I never felt beautiful. In school I was really short and really thin and I had really big feet and this tiny little head, and long arms and really big hands, and felt like, this isn't what society views as beautiful. And it wasn't until I stepped into ballet class that it was like, 'Wow, you have the perfect balance and physique for ballet.' And so I became used to that. And then I went through puberty and my body changed. It's not talked about really openly, but every dancer goes through ups and downs in terms of being out of shape. We need to treat our bodies like an instrument, and that's a huge part of it, just finding a balance and not depriving yourself.

ON THE RIGHT MINDSET

"I think it's important to feel comfortable with who you are, no matter where you're starting from. The mental discipline is so much a part of it, feeling strong, feeling in control. And just focusing on the journey and feeling good about yourself. I want this book to be for everyone... for someone who has never taken a dance class, for the mom or the college student."

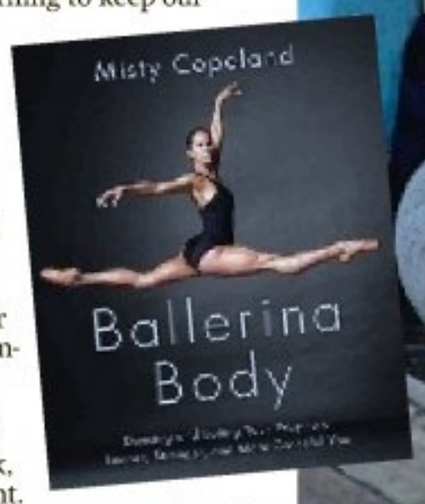
COMING TO TERMS WITH FOOD

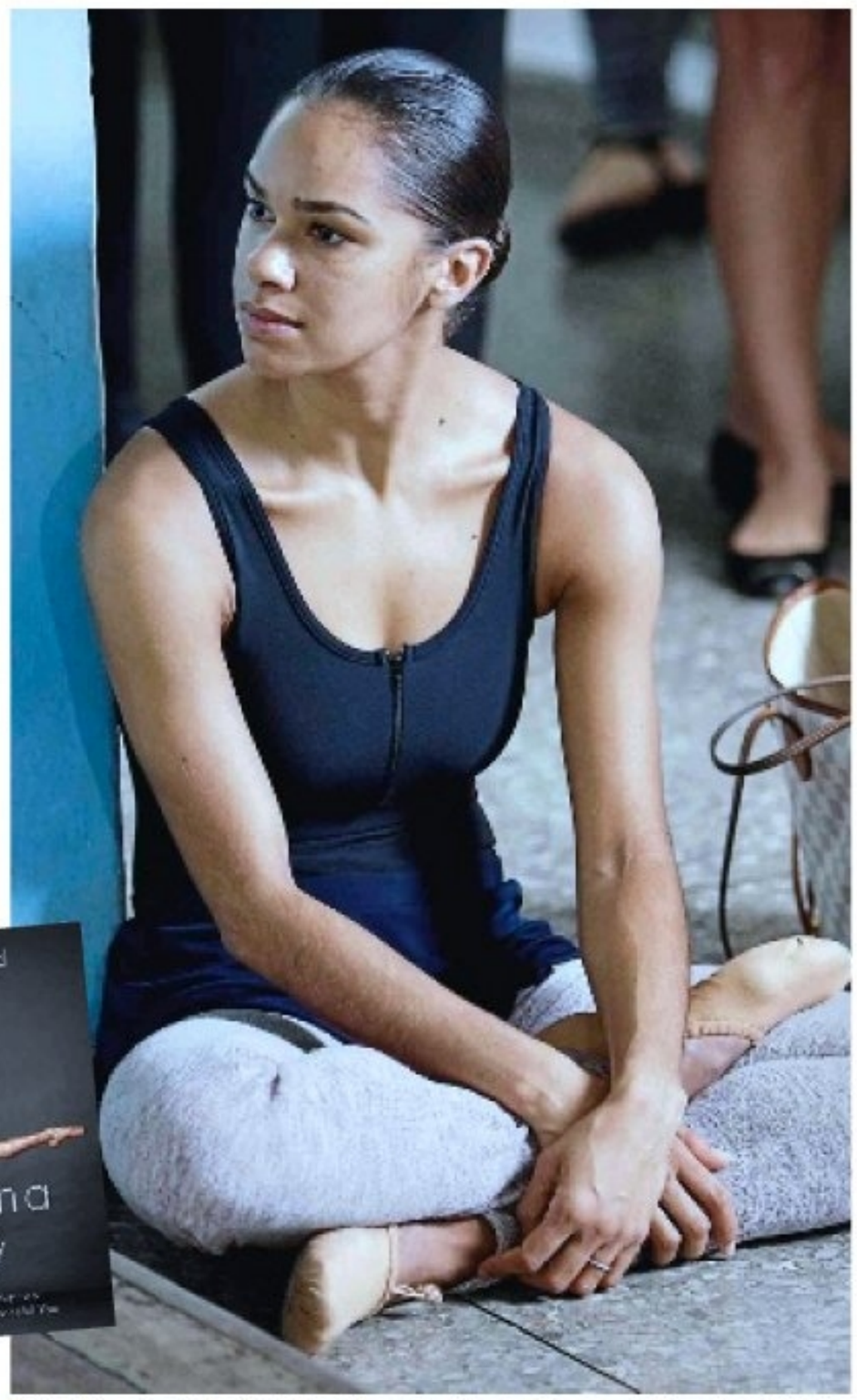
"We all have a difficult relationship with food. Especially in America where we have so much access to quantity. We were on food stamps for most of my childhood, so we were finding food to eat to survive, it wasn't about the best and healthiest food. So when I became a dancer, I pretty much was eating whatever I wanted. Once my body changed, that's when I really started to evaluate what I was putting into my body. I cut out meat six or seven years ago."

WHAT'S A BALLERINA'S TYPICAL DAY?

"We're in class at 10:15. An hour and a half every morning. Even if we're not in rehearsals, we still take class every morning to keep our instrument fine-tuned. Rehearsals start at noon. We usually go straight through from noon to 7. And that's during rehearsal period. During our biggest performance period, spring season, we're working six days a week, until 11 at night. It's a lot; people don't really realize it when they just see this beautiful product onstage.

THE ASSOCIATED PRESS





Misty Copeland, the first black female principal dancer at American Ballet Theatre, has crossed over into mainstream pop culture fame.

ERNESTO MASTRASCUSA/AFP/GETTY IMAGES

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A Barbie world for girls and boys

TOYS

Mattel trying to reach kids on phones, laptops, TVs

Mattel is looking to the movies. The maker of Barbie and Hot Wheels, which has live-action films based on those toys in the works, says it wants to find new ways to be on more screens in front of more kids.

These days, that takes more than a 30-second commercial.

Big-screen movies are a first for 72-year-old Mattel, which has mostly relied on television ads, apps and straight-to-DVD movies to promote its toys. It launched a separate unit last year to help produce films, TV shows and other content with studio partners.

The Barbie movie hit a snag last week when comedian Amy Schumer dropped out of the starring role citing scheduling conflicts. The film is being made with Sony and it's expected to be released next year.

A Hot Wheels film is also in development.

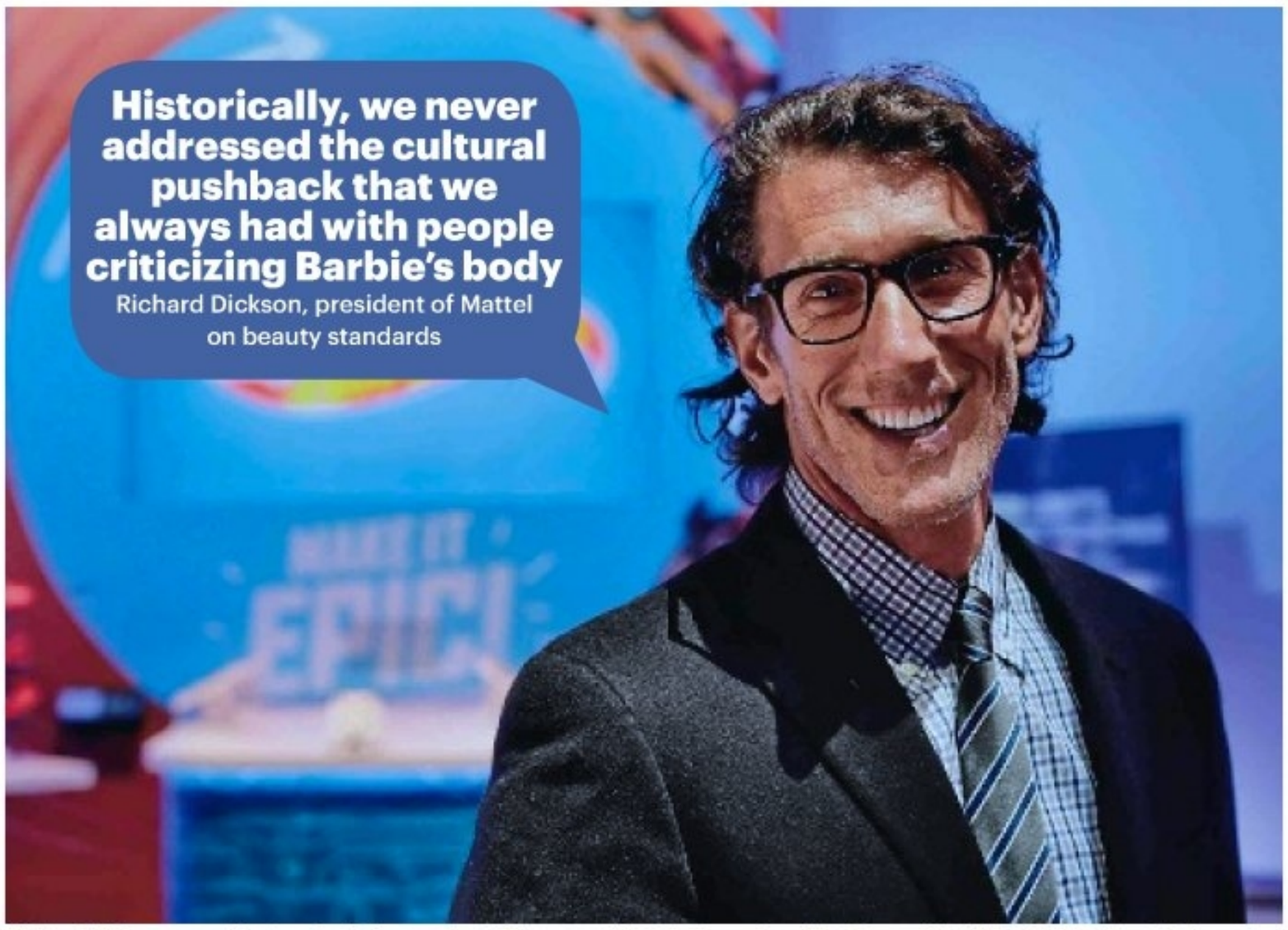
Mattel will also be on TV starting April 7 on ABC, showing its search for the next big toy idea in a competition show called The Toy Box.

Chief Operating Officer Richard Dickson says Mattel is making the winning toy now, and it will go on sale at Toys R Us stores after the series ends May 19.

Other changes Mattel has made include new body shapes, hair types and skin colours for Barbie, and the American Girl brand's first boy doll.

Dickson spoke recently about how Mattel is trying to bring new life to its classic toys.

Questions and answers have been edited for clarity and length.


Historically, we never addressed the cultural pushback that we always had with people criticizing Barbie's body
Richard Dickson, president of Mattel
on beauty standards
MADE TO BE EPIC!

Richard Dickson, president and chief operating officer, says Mattel, the maker of Barbie and Hot Wheels, is trying to bring new life to its classic toys through live-action films. THE ASSOCIATED PRESS

Why the focus on movies and TV shows?

Kids today can obviously skip commercials. And screen time today is not one screen, it's multiple screens. Our objective is to be everywhere our consumers are. They are on their phone. They are on their laptop. They're on their iPad. They're on their television. There is no centre.

What's the Barbie movie about?

I can't get into a lot of detail as to what the story will be, but I can tell you what it is. It is live action. It is going to be a story that continues to celebrate the idea that girls can be anything. I think the way that we narrate that story will be entertaining for girls of all ages. And I also think it will be, hopefully, appealing to some boys also.

With Amy Schumer out of the Barbie movie, is there a search for someone else? What are you looking for? Another comedian?

We have a list of people who are interesting and interested. We look forward to working with Sony to bring the vision of the character and the story to life.

Why the changes to Barbie's body shape last year?

Historically, we never addressed the cultural pushback that we always had with people criticizing Barbie's body. And we sort of justified it by saying it's a toy and it's not a real human and we sort of moved on. And one of the things that we've done, to reintroduce the brand as relevant, is to listen to the consumer and start to have a dialogue with her instead of a monologue.

In 2015, a Barbie ad featured a boy for the first time. Why the attention to boys?

We know for a fact that a lot of boys play with Barbie and it hasn't been something that we've acknowledged. In many cases it is a boy playing out a Barbie world with his sister. And then there are boys who actually drive the play themselves. We are pretty pronounced with boys, we just never really expressed it in marketing.

THE ASSOCIATED PRESS

Health DIGEST

SURVEY

Optimism comes to those who age

A new survey suggests many pessimistic feelings held by people earlier in life take an optimistic turn as they move toward old age. Even hallmark concerns of old age — about declining health, lack of independence and memory loss — lessen as Americans age. Among people in their 30s, 46 per cent described themselves as mostly or somewhat optimistic about aging, compared with 66 per cent of people 70 and older. TORSTAR NEWS SERVICE

TREATMENT

U.S. OKs new drug as add-on for Parkinson's

U.S. regulators have approved the first new drug in a decade for Parkinson's disease, a neurological disorder that causes tremors and movement difficulties. The Food and Drug Administration says it has approved Xadago for use when a patient's regular medicines aren't working well. According to the FDA, adding Xadago to levodopa decreased symptoms such as involuntary muscle movement.

TORSTAR NEWS SERVICE

FDA

Rare cancer linked to breast implants

The U.S. Food and Drug Administration says it has received reports of 9 deaths and more than 350 cases of a rare blood cancer linked to breast implants. The World Health Organization concluded years ago this type of lymphoma can develop following breasts implants. The disease seems to occur more often with textured implants in the scar tissue near the implant and is associated with pain and swelling. TORSTAR NEWS SERVICE

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Startup incubators take studies out of classroom

UNIVERSITIES

Programs offer hands-on learning, mentorship

Megan Haynes
For Metro Canada

Everyone told Matthew Watkinson that his business idea was crazy. What sort of money would there be in selling tiny wheels for miniature skateboards you operate with your fingers?

But the then-28-year-old Brantford, Ont. native was at the end of his rope: Without a high school diploma, his options were limited. Out of work, he was living with his parents and was looking for something — anything — to help him get out of debt. He went to the local business centre to see if his idea of supplying the fingerboard community with mini wheels was viable. It was, they said. To help him develop the idea further, the business centre pointed him to an entrepreneurship incubation program at Wilfrid Laurier.

At LaunchPad, he spoke with potential clients and suppliers about the potential of his idea. He also worked with a mentor and other early-stage startups. At the end of eight months, he launched his first business, Joycult, selling mini wheels online. Two years later, his business is pulling in shy of six-figures per year.

Universities across the country have launched startup incubation programs as they seek to diversify learning out of the classroom. Most programs target current and former students, alumni and sometimes locals in the community, offering hands-on learning, mentorship, resources and even financial support.

At Wilfrid Laurier, LaunchPad originated as a way for students to receive course credit, says Tom Ebeyer, co-ordinator of incubation and new ventures at the university. Demand was high and in 2014, it transitioned into a standalone program for students and members of the community.

Seventy-five people filter through the program each year, and ideas span tech, like new apps or hardware, to niche consulting businesses and novel retail ideas. Like Watkinson, students are paired with a mentor, participate in group sessions, conduct interviews that prove their business model has merit. They also develop a business plan.

Universities have been subject to criticism in recent years that programs do little to prepare students for life outside academia. Part of Laurier's goal with LaunchPad is to provide more hands-on, real world experience, Ebeyer says.

What's more, entrepreneurship is increasingly attractive to prospective students, says Barry Yates, managing director of Entrepreneurship at the University of British Columbia (e@UBC), an incubation and funding program available for students, faculty and alum at the Vancouver school. Schools with programs targeted at startup-hopefuls provide a differentiator when people are choosing a school, he says.

And while universities have not traditionally participated in the startup culture, he says, that's changing as institutions recognize there's a large untapped opportunity in students' and faculties' research. "UBC spends $600 million on research annually and has more than 6,000 researchers," he says. "There's so much intellectual property and ideas and untapped potential. Marrying that with entrepreneurs and giving (e@UBC participants) the opportunity to take these ideas and commercialize them is hugely compelling for both the university and community here."

In two years, Matthew Watkinson turned his idea of selling tiny wheels for miniature skateboards into a business pulling in nearly six-figures per year. CONTRIBUTED

INCUBATORS

Universities capitalizing on startup incubator craze.

- **Halifax:** Dalhousie – ideaHUB
- **Montreal:** McGill – McGill Lean Startup
- **Ottawa:** University of Ottawa – Startup Garage
- **Waterloo:** Wilfrid Laurier – Launchpad
- **Waterloo:** University of Waterloo – Velocity
- **Edmonton:** University of Alberta – TEC Edmonton
- **Vancouver:** University of British Columbia – e@UBC

YOU CAN DO THIS
SECURITY MANAGER

Job touches every part of the hotel

Michael Tadros, 28, security and loss prevention manager, Hazelton Hotel, Toronto.

WHY I LIKE MY JOB

Originally the plan was to be a police officer, but that changed once I got into hospitality. I did the Police Foundations program – policing 101 – at college. We learned about community policing, public relations, victim services and did crisis management training. You don't have to go through that program to be a security manager, but there's a benefit because you learn about structural security – like how to monitor doors, etc. It gives you a bit of a head-start. We're also expected to be certified in CPR, first aid and emergency defibrillator as well as be familiar with fire protocol. Day to day, security staff are expected to do patrols, monitor security cameras and respond to hotel staff, guests and residents' emergency requests.

Security is the type of job where you get to interact with every department, every employee. It touches every part of the hotel. Each day, I do something different, and work with different people, which I love.

HOW TO START

There are a number of ways to get into the security management field. The Police Foundations programs at colleges like Algonquin or Humber, are common entry points, while some post-secondary institutes, like the University of Calgary or Mohawk College, offer diplomas and certificates specific to security management. Private institutes also offer security guard training. Each province regulates security guards differently, but all require a basic training course offered by private institutions, accredited colleges or accredited online programs, and require applicants to be 18 years old with a clean criminal record. They must also pass a written test in order to be licensed.

WHERE YOU CAN GO

Private security firms, like Brinks or Garda Security operate in most major cities, while corporations, condos, hotels, malls, hospitals and other institutions often employ their own security details.

THE BASICS:

$65,899

Median annual salary for an intermediate-level security manager. Those with advanced training and experience can earn upwards of **$119,000**.

+4%

The amount of growth expected in this field over the next eight years.

Data for this feature was provided by nahb.ca, onetonline.org, payscale.com, mcsc.jus.gov.on.ca and guardacademyontario.com

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metro SPORTS

Valerie Grenier won the Canadian women's giant slalom title on Sunday on her hometown hill in Mont Tremblant, Que.

Homan rink dominant at world championship

CURLING

Canada wins all 13 of its matches en route to gold

Canada's Rachel Homan knew there would be pressure heading into the final of the 2017 world women's curling championship.

Not only was Homan trying to erase past personal disappointments in her third appearance at the championship, but her Ottawa rink was being counted on to erase Canada's lengthy title drought. The fact that Homan advanced to the final without dropping a match only heightened expectations.

> **No matter who represents us (at Olympic) trials are going to be tough.**
>
> Rachel Homan on the Roar of the Rings Olympic qualifying tournament, Dec. 2-10 in Ottawa

Homan and her teammates — vice-skip Emma Miskew, second Joanne Courtney and lead Lisa Weagle — responded with a textbook 8-3 win over Russia's Anna Sidorova in Sunday's final, giving Canada its first women's world championship in nine years and adding more steam to Homan's momentum heading into this year's Olympic trials.

Scotland's Eve Muirhead captured the bronze medal, beating Sweden 6-4 earlier Sunday.

After an open first end, Canada put the pressure on Russia with two points in the second end and a steal of one in the third before cruising to a comfortable victory.

"We made sure to keep together and obviously there's a lot more pressure in that final," Homan said. "We've lost that one and its tough, and we wanted to make sure we were doing exactly what we were doing all week, because we knew that would lead us to the win.

"Some tough breaks by their team cost them a few points but other than that we had a strong game. I'm really proud of my team."

Homan's undefeated run in Beijing — Canada won all 13 of its matches — came on the heels of her 12-2 run to the Canadian women's title last month in St. Catharines, Ont.

"We've had an incredible second half of the season, and to top it off this way feels amazing," Weagle said.

"It feels amazing for Canada. We haven't won it in quite a while so we're very proud of ourselves and we're so grateful for the support we've received.

"For sure there were butterflies but we get excited when we get nerves like that."

Canada's last championship came in 2008, when Jennifer Jones was victorious in Vernon, B.C. Homan had two previous attempts to break Canada's drought but settled for bronze in 2013 in Riga, Latvia, and silver the next year in Saint John, N.B.

"We've come up short and it never feels good to come up short when you're representing Canada," Homan said. "We really wanted to bring back gold for Canada this time. It's been a bit of a drought and we wanted to make a statement going into the Olympic year."

Sidorova has now lead Russia to four straight medals, though this was the country's first appearance in the final. Russia finished third in the previous three tournaments.

"It's always tough when you lose, especially when it's the final but you know what, it's history for my country," Sidorova said. "It's a pity we didn't play well today ... but it was a great experience for us, especially heading into the Olympic Games." THE CANADIAN PRESS

Lisa Weagle, left,, Joanne Courtney, Emma Miskew and Rachel Homan accept the championship trophy after defeating Russia on Sunday in Beijing. ANDY WONG/THE ASSOCIATED PRESS

NCAA TOURNAMENT

Maye Day at March Madness

Luke Maye hit a jumper with 0.3 seconds left, and top-seeded North Carolina held off Kentucky 75-73 to earn the Tar Heels' second straight trip to the Final Four and 20th all-time in Sunday's showdown of college basketball's elite in the South Regional.

The Tar Heels (31-7) will play Midwest champ Oregon on Saturday in Glendale, Ariz., in the national semifinal.

North Carolina took control with a 12-0 run within the final five minutes. Kentucky's freshmen De'Aaron Fox and Malik Monk hit three quick threes, the last two by Monk and his second with 7.2 seconds left tied it up at 73.

SUNDAY In Memphis

UNC	KENTUCKY
75	73

Theo Pinson brought the ball down, passed back to Maye. The sophomore knocked it down for the win with his feet on the three-point line.

The Wildcats had one last chance, but Derek Willis's inbound pass went out of bounds on the far end.

Kentucky (32-6) will miss out on the Final Four for the second straight year.

Earlier Sunday in New York, South Carolina earned its first trip to the Final Four with a 77-70 victory over Florida.

South Carolina will face Gonzaga on Saturday.

THE ASSOCIATED PRESS

GOLF

Johnson caps sweep of WGC tourneys

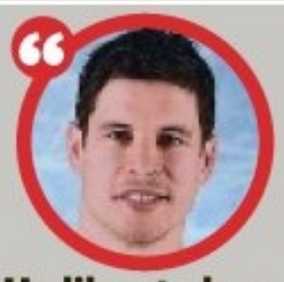
Dustin Johnson reacts after winning the Dell Technologies Match Play on Sunday. DARREN CARROLL/GETTY IMAGES

Dustin Johnson became the first player to sweep the World Golf Championships with a dominant week that included more drama that he needed in the Dell Technologies Match Play.

Johnson escaped a furious charge by Jon Rahm when the 22-year-old Spaniard failed to birdie the 18th hole.

Johnson's 1-up victory capped a week in which he never trailed in any of his seven matches, and he led in 105 of the 112 holes he played. THE ASSOCIATED PRESS

IN BRIEF



> **He likes to hear himself talk.**
>
> Sidney Crosby's response to Sens owner Eugene Melnyk calling him "a whiner beyond belief" after Crosby broke defenceman Marc Methot's finger with a slash Thursday.

FORMULA ONE

Vettel and Ferrari knock off Mercedes

Sebastian Vettel broke Ferrari's Formula One drought with a victory over the Mercedes team of Lewis Hamilton and Valtteri Bottas on Sunday at the season-opening Australian Grand Prix in Melbourne.

Ferrari hadn't won an F1 GP since Vettel's victory in Singapore in 2015, and so his leap up onto the top of the podium at the finish in Australia signalled renewed confidence from him and perhaps an end to the domination Mercedes has forged in recent seasons.

Vettel finished almost 10 seconds clear of Hamilton. THE ASSOCIATED PRESS

DUD IN DEBUT

Canadian teenager Lance Stroll didn't make it to the finish in his debut for Williams, retiring after an eventful 40 laps around the Albert Park circuit.

North Carolina's Luke Maye, centre, celebrates with teammates after making the game-winning basket. KEVIN C. COX/GETTY IMAGES

MAKE IT TODAY

Vitamin-packed Maya's Morning Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Named after our photographer who needs a health jolt to deal with us on set, this smoothie only requires three ingredients but helps you max out on vitamins A and C.

Ready in 2 minutes
Serves 1

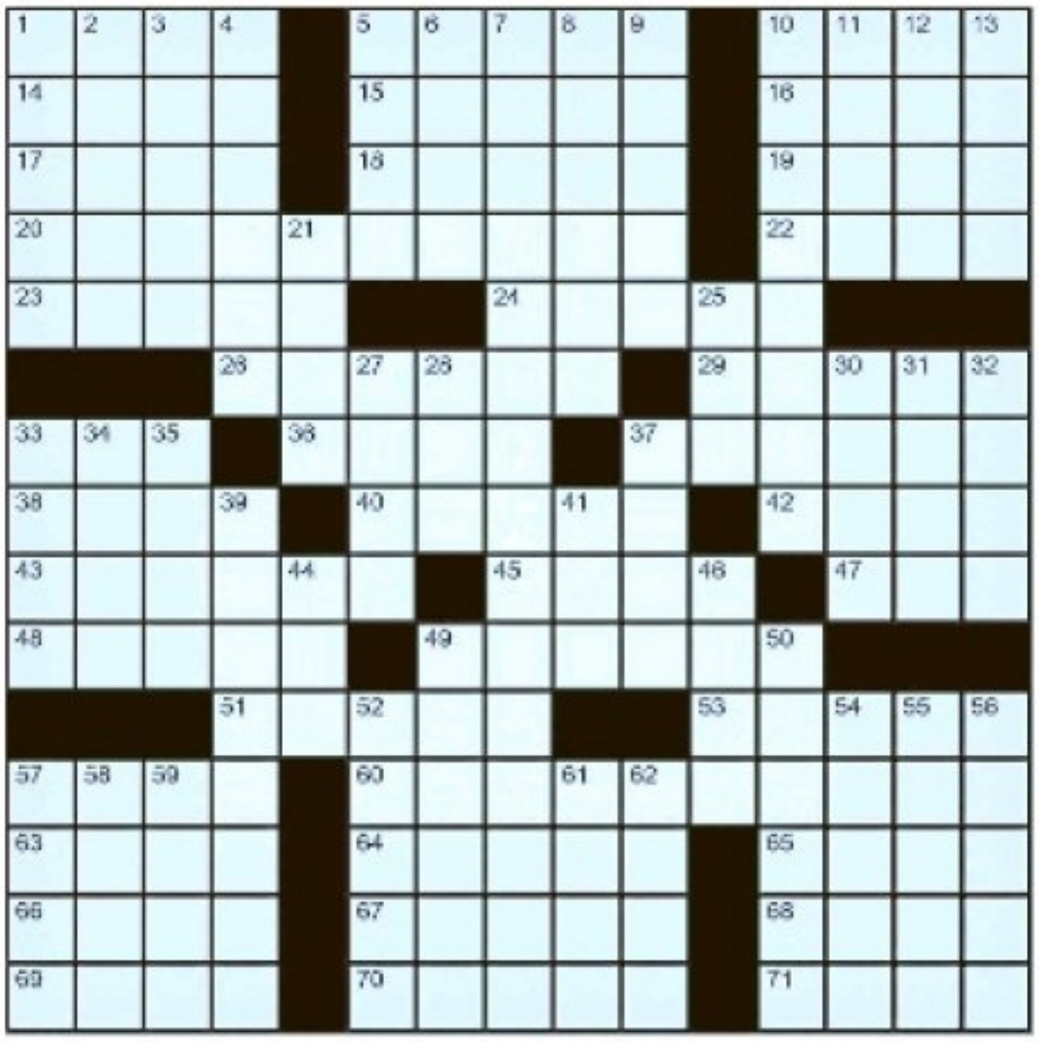
Ingredients
- 1 cup carrot juice
- 1 orange, peeled and quartered
- 1 banana, peeled

Directions
Place all your ingredients in the blender and give it a good whiz.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Hockey movie, "_ Shot" (1977)
5. Carbonated drinks
10. Character for Elizabeth McGovern on "Downton Abbey"
14. Musician Mr. Puente
15. "_ _ have it!" (Bidder's exclamation)
16. Word in a Grimm opener
17. It means 'Soil'
18. _-_ knife
19. Mr. Trotsky
20. 2017, Year of _ _
22. Go Detail link
23. War horse
24. 50 Cent album: 'Get Rich or Die _"
26. Big name in sunglasses
29. Sir Paul McCartney's nickname
33. 'My' in Quebec, plurally
36. Dog's disdained delivery!
37. As per #7-Down, Red Green's nerdy nephew
38. Air kiss sound effect!
40. Canuck flappers
42. "_ and _" by Lady Gaga
43. Pull the vampire's teeth
45. _ in the road
47. Sanction
48. "Me, Myself & _" (2000)
49. The _ = Bilbo Baggins
51. Balk/hesitate
53. Engage in henpecking: 2 wds.
57. Count on
60. Toronto-born portrayer of the title character of "The Red Green Show": 2 wds.
63. Studied-for undertaking
64. Lake Erie community in Ontario, Port _
65. No word of _ _ (True)
66. Cotton variety
67. Make hair stand _ _
68. Thailand neighbour
69. Eminem tune
70. Opera _ (Opera style that's serious)
71. Anglo-Saxon toiler

DOWN
1. RBIs, e.g.
2. Illuminator
3. "If _ _ Falls" by Bruce Cockburn
4. Less loaded
5. TV news hour, _ _'clock pm
6. Grannies, in Germany
7. 2002 Red Green movie comedy starring #60-Across: 3 wds.
8. Sailor's 'backward'
9. "Love _" (1970)
10. "MasterChef Canada" = _ competition show
11. Candid
12. Origin
13. Cornerstone word
21. Singer/actress Aubrey
25. "_ _ Believer" by The Monkees
27. Safecracker
28. Quebec 'wheat'
30. Not ruffled
31. Sleuth's lead
32. Mine entrance
33. Caesar's 2501
34. Washstand vessel
35. Home free
37. Dill or mint
39. As per #60-Across... Red Green's gig
41. Shed many tears
44. Born, in a wedding announcement
46. Families
49. 'Snappy' words in football...
50. Steamed-in-corn-husks dish
52. Early platform for PCs
54. Monster lizards
55. 'Tempt' suffix
56. Foo Fighters tune: "Times Like _"
57. VP Mike Pence, et al.
58. Leave
59. The Dalai _
61. "_, vidi, vici."
62. Earth goddess in Richard Wagner's opera Das Rheingold

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you feel sensitive to others today, you might use your money or something that you own to help someone. (Meanwhile, being kind will make you feel happy!)

Taurus April 21 - May 21
You feel inspired to be the best that you can be today. You also know that being the best means benefiting others as well as yourself.

Gemini May 22 - June 21
You will put the needs of someone else before your own because it makes you feel good. It's just one of those things; you want to take the high road.

Cancer June 22 - July 23
If you are in competition with others today, you won't be too fierce, but you won't be a wimp, either. You want what is best for the greatest number of people.

Leo July 24 - Aug. 23
If you are talking to parents and bosses today, you will show them ways that work out best for everyone. It's quite likely that they will be impressed with your insight.

Virgo Aug. 24 - Sept. 23
You might want to study religion, yoga or meditation today, because you are interested in something "different." You want to expand your experience of life.

Libra Sept. 24 - Oct. 23
You will be reasonable if dealing with an inheritance or if deciding how to share something today. You understand that good business is mutually beneficial.

Scorpio Oct. 24 - Nov. 22
If you can help a partner or close friend today, you will. In fact, you are even willing to compromise with a person who is an enemy or a frenemy. (That's the toughest!)

Sagittarius Nov. 23 - Dec. 21
You will find it rewarding to help someone at work today, and because you extended this person a helping hand, you will feel good about yourself. Life works that way.

Capricorn Dec. 22 - Jan. 20
If you can help children today, you will get great satisfaction in doing so. Playful activities, social outings and sports events will be pleasant.

Aquarius Jan. 21 - Feb. 19
You want to help a family member today, especially because there's been chaos and activity at home. Someone will appreciate your offer to help. Family is gold.

Pisces
Feb. 20 - March 20
You can influence others today by setting a great example for them. Your ability to be caring and positive will be noticed by others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		1			4	8	2	
			6	1				4
4		6						7
	2		9		1			8
	6						4	
3			8		2		9	
1						7		9
9				8	3			
	4	8	2			5		3

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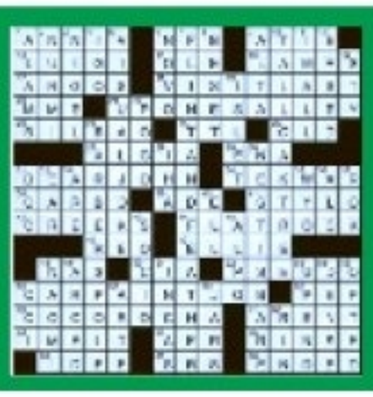
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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2	4	6	8	7	5	9	1	3
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8	2	4	1	5	3	7	6	9
6	3	5	7	8	9	2	4	1
1	8	9	3	2	7	4	5	6
4	5	7	9	1	6	3	2	8
3	6	2	5	4	8	1	9	7

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